

## Appendix C

### Comfort Interventions Checklist

Document the intervention performed for the patient, the time of the intervention, and the patient reaction to the intervention. If an intervention does not fit into a category, please document the intervention and reactions for later review.

#### *Physical Comfort*

Reposition-Moving the patient in any way as to improve comfort.

Massage-Massaging patient in a way to improve pain.

Bathe-Washing patient partially/fully to help patient feel cleaner.

Mouth Care-Removing secretions and/or brushing teeth.

Physical Contact-Touching the patient such as a hug or reassuring touch.

Hair Care-Caring for the hair such as washing, combing, or stroking.

Miscellaneous-Any other intervention that improves patient physical comfort.

#### *Psychospiritual Comfort*

Encourage Patient-Encouraging and complimenting the patient in such a way as to improve self-esteem.

Explanation-Telling the patient plan of care so as to include him/her in their care.

Pastoral Care-Spiritual counseling.

Communication Aid-Using communication aids to help patient convey his/her needs.

Privacy Issues-Providing privacy by closing curtains and doors to prevent unneeded exposure to hospital environment.

Miscellaneous-Any intervention that improve patient psychospiritual comfort.

### *Environmental Comfort*

Linen Change-Changing bedding to provide clean comfortable linen.

Lighting Change-Turning up or down lighting to patient preference.

Noise Control-Closing doors or adjusting alarms as to improve patient comfort by decreasing unneeded noise stimulation.

Music/TV-Turning on/off entertainment for the patient as to improve patient comfort.

Temperature Change-Changing temperature in patient room as to accommodate the patient.

Miscellaneous-Any intervention to the patient environment that increases patient comfort.

### *Social Comfort*

Family Interaction-Having family at bedside and allowing family/patient interaction.

Discussion-Talking with the patient about subject other than patient care and hospitalization.

Therapeutic Use of Self – responding warmly to perceived patient needs, being open to poignant encounters

Miscellaneous-Any intervention that improves patient socialization.